



# HEALTH CLUB CREDIT PROGRAM

## Time to take charge of your health?

### Help is a click away

Want to start eating better? Run a marathon? Maybe you just want to get up off the couch. The HealthyBlue website gives you tools for success, no matter where you are on the fitness scale.

### You begin with a plan

Your participation begins with a health assessment. Then based on your answers, HealthyBlue creates a personalized health plan, tailored to your lifestyle and wellness goals. You won't have to wonder where to begin or what to do next...it's all outlined in the plan.

### Earn rewards for your efforts

Better health is not the only reward you can expect. When you take steps toward your health goals, you earn points that can be redeemed for things like fitness gear or gift cards to Target, Barnes & Noble and others—up to \$250 each year.

## You'll get the information that's relevant to you

This web-based wellness portal provides you with many useful tools to help you take control of your health, reduce your health risks and help you live a longer, happier life.

### Health logs

- Help in tracking blood sugar, blood pressure, cholesterol, lipids, heart rate and weight

### Progress report

- Tracks health and wellness progress

### Incentives

- Earn points for completing tasks

### Logs

- Progress tracked through logs for what you eat and records of exercise results, including sets, repetitions and weight

### Wellness workshops

- Interactive tasks about weight and stress management, diabetes, nutrition, smoking cessation and high blood pressure

### Fitness Device Integration

- Fitbit and Pebble compatible

### Health Assessment

- Answer questions to identify and understand health risks
- Tracks nutrition, exercise, stress and safety, health and preventive health, tobacco, drugs and alcohol use, biometrics and willingness to change

### Wellness challenges

- Walking, exercise or weight competitions between individuals, groups or locations

### Nutrition

- Recipe assistance
- Meal planning
- Assessing nutritional needs

### Exercise

- Exercise planner
- Exercise examples

### HealthyNow Mobile App

- HealthyBlue trackers right at your finger tips



ND

You'll want to visit  
HealthyBlue regularly to:

- » Participate in online wellness workshops and customized challenges
- » Discover inspirational articles on healthy living
- » Track your progress
- » Watch your rewards accumulate and redeem them for gift cards



 **HealthyBlue**

Get registered today!

1. Go to [www.ndpersHealthyBlue.com](http://www.ndpersHealthyBlue.com)
2. Click on "Not registered? Sign Up Now."
3. Register and record your username and password on the enclosed card.
4. Complete your Health Assessment

\*You may use the enclosed *Know Your Numbers* card to record optional health information from your doctor's office that will be helpful in completing your Health Assessment.

[www.ndpersHealthyBlue.com](http://www.ndpersHealthyBlue.com)

## Health Club Credit Schedule and FAQ

Qualifying employees can sign up for the fitness discount at any time. Credits follow the schedule below:

Activity Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Verification and Credit Dispersed	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan

**Note:** If there are any changes to your eligibility, please let your health club staff know. Also, contact BCBSND because it may affect your credit eligibility.

If you cancel your health club membership or become ineligible, or if the health club discontinues participation in the program, you may forfeit any unapplied credits.

### 1. What if my club's monthly fees are less than \$20 per month?

If your monthly membership is less than \$20, your credit will reflect the amount you pay per month. For example, if your monthly membership fee is \$15 each month, you will be credited \$15 each month you work out at least 12 days.

### 2. Why does the health club need my Blue Cross Blue Shield of North Dakota (BCBSND) ID number?

The health club needs a unique number to ensure that your workouts are credited to you.

### 3. I have a family or a dual health club membership. How will the workout be counted?

Your workouts will be credited toward your unique number. Individuals must work out at least 12 days per month to receive their credit.

### 4. I belong to a health club with multiple locations. Can I work out at any location and still have it count toward my 12 days per month requirement?

Only workouts that take place in the location where you first enroll will count toward your monthly credit.

### 5. What if I become ineligible for the Health Club Credit program?

You will still receive the credits earned during your eligible months as long as the mandatory requirements have been met as indicated in your welcome letter.

### 6. Am I eligible for this program even if I am already a member of a participating health club?

Yes. Just complete an enrollment form at the health club so your health club can ensure that you receive your credit.

### 7. If I miss one or two workouts one month, can I make them up the next month and still get reimbursed for the month I did not meet the requirement?

No, the program only provides credits for months where you work out at least 12 days during the month.

### 8. What do I do if I didn't get my credit?

Check with your health club first. Your health club receives a report that includes an Error Code Number and description. Common reasons for not receiving your credit: misspelled names, incorrect date of birth, failure to meet minimum visit criteria, and no completed authorization on file.

### 9. How will I receive my Health Club Credit?

There are different options, depending on your club's existing payment system. The credit can either be automatically deposited in your bank account, or sent to the health club to be credited toward your membership.



Blue Cross Blue Shield of North Dakota is an independent licensee of the Blue Cross & Blue Shield Association